

Iowa State Fair Dutch Oven Recipes

As prepared at the State Fair Wednesday Aug. 13th

By Kenneth Hamilton

Honey Creek State Park Interpreter

Root Beer Spice Cake

1 box Spice Cake
12 oz of Root beer soda
4 tbsp margarine
1 egg

Spray olive oil liberally on the bottom and sides of your Dutch Oven. Empty contents of spice cake mix into your Dutch Oven. Mix egg and approximately ½ of the root beer. Continue adding root beer until the batter is of cake consistency (approximately 12 oz). Slice the butter into ½ tsp squares and spread evenly throughout the batter (some will sink).

Place 8 coals on the bottom and 12 coals on the top to reach desired cooking temperature (approximately 350 degrees). Cook for 40 minutes or until a toothpick or knife can be inserted and come out clean.

Serves 6+

**Feel free to experiment with other cake mix and soda combinations. Yellow cake and Mountain Dew works great. Also try chocolate cake mix and cherry. Fruit additions taste great too. Note eggs are not always necessary depending on the type of cake mix used.*

Country Dumplings

6 or 7 potatoes cubed
½ cup onion chopped
½ cup green pepper chopped
2 cans of chicken breast
1 ½ cup milk
1 tube of biscuits

Fry cubed potatoes using the Dutch Oven lid (upside down) until “almost” done. Place cubed potatoes in the bottom of the Dutch Oven. Add onion, green pepper, and chicken breast. Cook for 5 mins to establish flavors at 350 degrees.

Add 1 ½ cup of milk (enough to slightly cover mix). Spread 1 tube of ripped biscuits evenly on top of mixture. Cook for 12-20 minutes at 350 degrees or until biscuits are soft and slightly brown. Season as desired.

Serves 6

**Recipe works great with ground beef, venison, or cubed cooked chicken breast. Ground sausage makes a nice breakfast dish. Can also be prepared with 1 packet of white gravy mix and enough milk to cover ingredients to make a thicker sauce. May want to simmer sauce mix lightly over coals while cooking the mixture the first 5 minutes. Add gravy after simmering. Garlic powder, salt and pepper are the seasonings typically used.*

Baked Macaroni and Cheese

macaroni noodles
shredded cheese
¼ cup milk

Cook macaroni at home before camping.

Spray Dutch Oven with olive oil to prevent “out the ordinary” sticking. Layer macaroni with shredded cheese until desired serving size is met. Cook at 350 degrees for 10 minutes or until the cheese on top has melted. Add ¼ cup milk and cook for an additional 5 minutes. Season as desired.

**This recipe makes a very nice side dish to any campfire meal.*

Tips from the Dutch Oven 101 program

Kids make great assistants mixing cake batters, tearing biscuits and preparing Baked Macaroni and Cheese.

Each charcoal gives off 25 degrees of heat.

Use olive oil instead of vegetable oil as your “seasoner” and “preventive spray”.

Pre-cooking macaroni and potatoes at home saves time but affects flavor.

Remember to experiment with your recipes. You always have hotdogs and hamburgers to fall back on.

Anything you cook at home, you can cook in your Dutch Oven. Just figure out the heat.

Everyone burns something at some point in time. Don’t get discouraged.

Feel free to ask questions.

Kenneth Hamilton
Honey Creek State Park Interpreter
641-814-3029
kenneth.hamilton@dnr.iowa.gov